



Bike Chula Vista

Route Map and Information



by



McMillin Communities

Bike Chula Vista A Bicycle



Bicycling is great for everyone — communities, businesses, schools, and people. It promotes active lifestyles, reduces traffic congestion, and improves air quality — and it's fun! Let's work toward a more bicycle-friendly city.

Every trip by bike is one less car on the road. It's healthier for you and the environment!

Safety Tips

- Always wear a helmet.
- Perform the **"ABC Quick Check"** before every ride (Air in the tires, functioning Brakes, a Chain that shifts correctly and is properly lubed, **quick** releases tightened and a general **check** of the bike for loose parts).
- Keep your hands on the handlebars at all times.
- Wear proper attire for riding. If wearing pants, make sure to strap/fold the right pant leg.
- If riding at night, have proper reflectors, a headlight, and a tail light.
- Keep a safe distance from parked cars.

Rules of the Road (on your bike)

Ride on the right. Always ride WITH the flow of traffic and never against it.

Ride predictably. Follow the same rules motorists do, and ride in a straight line without swerving (unless avoiding an obstacle).

Obey traffic control devices (signs, signals, lane markings). Bicyclists must follow the rules of the road, too.

Enter streets and intersections cautiously. Check for oncoming traffic.

Protect your head. Always wear a helmet, even on a short trip. In an accident, a helmet can prevent serious injury to your brain.

Follow lane markings. Don't turn left from the right lane or ride straight through an intersection in a lane marked "Right Turn Only."

Ride correctly through intersections. Use the right-most lane that goes in your direction. If heading straight, get in the "thru" lane.

Signal before you move or stop. Hand signals let drivers and others know what you intend to do.

Ride defensively. Anticipate hazards and be ready to adjust your position in traffic.

Be visible and be seen. Wear bright colors to increase visibility and make eye contact with drivers.

Look behind you. Practice how to look over your shoulder and not swerve or lose balance. Rear-view mirrors are an option.



Shared Roadway Bicycle Marking (Sharrow)

A sharrow is used to assist bicyclists with positioning on a bike route and to remind motorists to share the road with cyclists.

Signaling:



Stopping or Slowing Down: Point LEFT arm down and slightly out to the side.



Left Turn: Extend LEFT arm straight out.



Right Turn:
Option 1: Bend LEFT arm in 90° angle with hand up.



Option 2: Extend RIGHT arm straight out.

BICYCLE-FRIENDLY BUSINESSES

What can your organization do to be bicycle-friendly?

- Provide bike racks, bike lockers.
- Provide free showers on-site for employee use.
- Provide incentives for employees to bike to work.
- Support or sponsor a bicycle team/club.
- Become certified as an official "bicycle-friendly" business through the *League of American Bicyclists* ... it's easy and free!

You can also learn more on how to promote cycling in your organization and community by visiting the San Diego County Bicycle Coalition's website at www.sdcbc.org or the *League of American Bicyclists*' website at www.bikeleague.org.

For more information about bicycling and other alternative transportation options in Chula Vista, visit www.chulavista.gov/clean or call (619) 409-3893.



This map was originally funded through a grant from the National Association of Realtors in partnership with the Pacific Southwest Association of Realtors.

OUR SPONSORS



LOCAL SHOPS FOR BIKES AND MORE



NOTE: See map on reverse side for locations

Baja Bikes

2801 Main Street
(619) 427-3627

Cycling retailer

- Service/Tune Ups
- Accessories
- Repair BMX and MTB
- Low Rider Accessories

Bicycle Warehouse

680 L Street
(619) 498-4900

Cycling retailer

- Accessories
- Bicycle Trade-ins



Ocean Bikes

895 Palomar Street
Suite E
(619) 423-1686

Cycling retailer

- Service/Repair
- Parts
- Bike Restoration
- Accessories/Apparel

Performance Bicycle

3901 Bonita Road
(619) 422-3098

Cycling retailer

- Accessories/Apparel
- Bicycle Trade-ins
- Service/Repair
- Parts



Pulse Endurance Sports

1020 Tierra Del Rey
Suite A2
(619) 656-5222

Professional bike and running specialty store

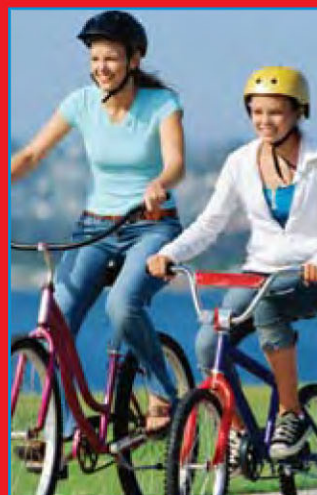
- Bikes & Accessories
- Running Shoes & Gear
- Bike Service/Pro Fitting

REI Chula Vista

Otay Ranch Town Center
2015 Birch Road,
Suite 150
(619) 591-4924

Outdoor recreational equipment

- Accessories/Apparel
- Classes
- Strollers/Bike Trailers



South Bay Bicycles

250 Third Avenue
(619) 477-1445

Recreational equipment

- Accessories/Apparel
- Service/Repair

Sports Authority

390 East H Street
(619) 476-7234

Recreational equipment

- Accessories
- Apparel

Trek Bicycle Superstore

901 Lane Avenue
(619) 216-9123

Bicycle superstore

- Accessories/Apparel
- Bicycle Trade-ins
- Service/Repair



This map is also available online at:
www.chulavistaca.gov/goto/bikechulavista

For more info about this or other environmental programs, contact Conservation & Environmental Services at (619) 409-3893 or visit www.chulavistaca.gov/clean

Se hablan español.